



# the newham mag

issue 324 // 11 – 24 September 2015 // Every fortnight



## Rugby World Cup 2015

Handy guide as global  
Tournament comes  
to Newham





# WATCH RUGBY WORLD CUP 2015 ON THE BIG SCREEN

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ON SELECTED DATES FROM SEPT 23 – OCT 31**

For details of dates, opening times and live music visit  
**[www.newham.gov.uk/fanzone](http://www.newham.gov.uk/fanzone)**





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11 September 2015 // **issue 324**



Welcome to a special edition of the Newham Mag, in which we celebrate our status as a Host City for Rugby World Cup 2015. The competition kicks off on September 18, and our borough is preparing to welcome the world.

I was exceptionally proud to be at East London Rugby Football Club and see how the Tournament is bringing a legacy to Newham and its residents (p17).

Everyone is getting involved in the Tournament, from a teenager who will be leading out Australia (p11) to the choir at St Angela's Ursuline School (p27).

You can read interviews with two stars of the game (p12) and one of the volunteers who will be giving their time for free (p14).

Queen Elizabeth Olympic Park will be hosting the Newham Fanzone, with great entertainment acts and a giant big screen for everyone to enjoy the games (p20). I hope to see you there.

*Councillor Lester Hudson*  
*Deputy Mayor and Cabinet Member for Finance and Project Delivery*

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## IN BRIEF //

### An eye on health

Residents who may have sight problems, or would like to prevent problems in future, are advised to get advice from a specialist team visiting locations across Newham from 21 to 25 September offering free information about looking after your eyesight.

Activities on offer during the week include eye tests, fun visual games, optical illusions and the chance to try equipment that can support people with visual problems.

Visit [www.newham.gov.uk/eyehealth](http://www.newham.gov.uk/eyehealth) to find out when the team will be visiting your area and come down for a free informal discussion. For more information about eye health email [IEDA@newham.gov.uk](mailto:IEDA@newham.gov.uk) or call **020 8430 2000 (option 2)**.

### Quit smoking for Stoptober

Residents are encouraged to take part in Stoptober – the 28-day stop smoking challenge, which supports smokers to quit.

Research shows that stopping smoking for 28 days means you're five times more likely to stop for good.

Free face-to-face support is available to smokers in Newham who would like to quit. For advice about managing cravings and withdrawal symptoms, as well as access to stop smoking medication, simply speak to your GP, pharmacist or visit [www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking) for more information.

### West Ham Cemetery coffee morning

West Ham Cemetery in Cemetery Road, Forest Gate will be hosting a coffee morning on Friday 25 September, 10am–12pm. All proceeds will be donated to charity. For more details call **020 3373 1193**.

## Carnival cheer for pupils

Youngsters who spent hours creating costumes and props for the Mayor's Newham Carnival in July have received medals for their efforts.

Mayor Sir Robin Wales

presented them to pupils at Kaizen Primary School in Plaistow, who worked for many hours on their colourful creations. The school also received a silver plaque for their best in show efforts.

This year's Dancing Down The Decades parade around the streets of East Ham formed part of Newham Council's 50th birthday celebrations. It involved 2,000 children from 22 schools.

Sir Robin Wales said: "The carnival goes from strength to strength and this year it was the highlight of the Mayor's Newham Show. So many schools and community groups took part, showcasing their amazing talents and how proud they are to live in this amazing borough.

"The efforts of the pupils are always supported by our school staff and these medals are a way of recognising all their hard work."



## Have a say on Budget Challenge

Residents are invited to special public meetings where they can discover more about Newham Council's Budget Challenge and comment on how the council might save £50 million next year.

The meetings will raise awareness of the challenge facing the council as a result of cuts in Government funding and other cost pressures.

The meetings, open to all residents, will be held on Tuesday 15 September, 6.30pm–8pm at Stratford Library, E15; Wednesday 16 September, 6pm–7pm at Beckton Community Centre, E6; Thursday 17 September, 6.30pm–8pm at East Ham Library, E6; Thursday 24 September, 5.30pm–7pm at Plaistow Library, E13; Thursday 24 September, 6.30pm–8pm at Canning Town Library, E16; Monday 28 September, 6.30pm–8pm at Katherine Road Community Centre, E6; Wednesday 30 September, 6.30pm–8pm at The Gate Community Neighbourhood Centre, E7, and Tuesday 6 October, 6.30pm–8pm, Manor Park Library, E12.

The consultation closes at midnight on Sunday 11 October. Visit [www.newham.gov.uk/budgetchallenge](http://www.newham.gov.uk/budgetchallenge) for information.



## Lucky residents claim prizes

More than 30 lucky residents visited Stratford Library to collect prizes they won during a two-day festival to celebrate Newham's 50th anniversary.

Councillors Mas Patel, John Whitworth and Terence Paul handed out prizes that included family tickets to the Emirates Airline cable car and London Lions basketball games, passes to Stratford Picturehouse and Stratford Circus and vouchers for a host of local shops.

The Stratford anniversary weekend last month saw a host of free fun activity with live music at four busking spots, a talent show, 50 pieces of art from local artists, films created in Newham or featuring Newham actors, food from around the world, a tea dance at St John's Church and a host of competitions.

The event was organised by Stratford and West Ham Community Neighbourhood. Community lead councillor Mas Patel said: "It was a great event that brought residents together with some fun competitions for them to take part in."



Councillors hand out the prizes

## Banging the drum for festival

Almost 2,000 people of all ages enjoyed free fun and entertainment at the first ever Green Street Festival organised by Newham Council.

The theme of the event was super powers, with residents given an opportunity to transform themselves into super heroes through a range of activities including face painting, costume making, and story telling.

The festival began with a colourful procession of around 200 people between Katherine Road Community Centre and Queens Market. It featured the Plaistow Pathfinders marching band and local Dohl players.

The event was organised by the Green Street Community Neighbourhood Team working with residents. People also enjoyed dance performances, a martial arts display, food and sporting activity.

Councillor Ken Clark, Cabinet member for building communities, public affairs, regeneration and planning, said: "The day was a testament to the work of the Green Street Community Neighbourhood team, which works hard to bring residents together to develop a feeling of community."



Deputy Mayor Cllr Lester Hudson bangs the drum for parade

## Fly-tip restaurant boss made to pay

A restaurant manager has been fined £200 and told to pay more than £2,000 in costs to Newham Council after his business repeatedly dumped rubbish on the streets.

Faisal Mian, 34, of Shrewsbury Road, Forest Gate, was accused of fly-tipping after staff were caught dumping food and rubbish from the shop in Green Street five times last October.

After failing to appear at previous hearings Mian was arrested and bailed to appear at Thames Court on 3

September where he admitted five charges of fly-tipping.

Magistrates fined him £200 and ordered him to pay £2,234 costs to the council for clearing the rubbish, plus a £20 victim surcharge.

On the same day nine other cases were heard by Thames Court for offences including urinating, unlicensed street trading and spitting, resulting in more than £7,000 of fines and costs being awarded to the council.

# Making the most of Stadium

It is important that Newham Council and our local sports clubs and associations make the most of the opportunities that hosting big events such as Rugby World Cup 2015 offers.

We have supported East London Rugby Football Club in Memorial Park, West Ham, to put Rugby on the map in what is still traditionally football territory. The council's investment into facilities at the park will inspire people, particularly young people, to visit this hub for many sports and get involved with Rugby and physical activity generally.

**"It's important too that we ensure as many local people as possible benefit from this Tournament and other events in future."**

Newham is proud and excited to be hosting Rugby World Cup 2015 at the former Olympic Stadium. We look forward to welcoming some of the world's top teams and their fans. We had a taster recently of what we can expect when the famous Barbarians played Samoa in the first ever Rugby Union match at

the Stadium.

It was another opportunity to see first hand the wisdom of the council's £40 million investment to ensure a lasting legacy for the Stadium for Newham residents. The choice by Tournament organisers England Rugby 2015 of the Stadium as a venue for five matches is a vote of confidence in our ability to be able to host such a global event.

It's important too that we ensure as many local people as possible benefit from this Tournament and other events in future. That's why we've arranged for 500 residents nominated by our Community Neighbourhoods teams, including 100 who contribute to grassroots Rugby in the borough, to go to games at the Stadium for free.

It's staggering to think that a minimum of 4,000 residents will also be attending West Ham United league games from the 2016/17 season onwards as part of the investment deal we negotiated. Some of the Hammers players were in the Stadium when the Barbarians were there, getting a feel for their future home.

We have already shown during the 2012 Games that Newham knows how to create a festival atmosphere. We look forward once again to welcoming the world to Newham as they battle for the Webb Ellis Cup.



With the Webb Ellis Cup



Hammers and Barbarians players in the Stadium



Grassroots Rugby will benefit from free tickets



## Mayor's view



# Exceptional summer of results for Newham's young people

As many of our young people begin a new school term, I wanted to reflect on the exceptional achievements that we have seen from our pupils over the summer.

We have invested in early years education as we believe that this is crucial to securing positive outcomes later on in life for our children and this investment is paying dividends.

**“These results are truly outstanding and could not have been achieved without our strong partnership with schools and the hard work of our teachers, learning staff and parents.”**

Our pupils are continuing to beat the national average at the Early Years Foundation Stage Framework, the Phonics Screening Check and Key Stages 1 and 2.

We have worked hard to improve children's school readiness by age five, which is measured by the Early Years Foundation Stage. Our young people continue to show a good level of development, outperforming the national average and making massive strides from last year.

Being able to read is vital for children to achieve their educational and wider potential and that's why we introduced the Newham Reading Guarantee in autumn



Pupils at Keir Hardie Primary School are among those doing well

2011. The programme uses phonics to help primary school children aged from five to seven (years 1 to 2) to improve their reading. Results from the phonics screening check, which tests pupils' ability to “decode” words have shown that this initiative has supported our pupils' attainment. The results for Year 1 have increased for the third year in a row, and overall 92 per cent of pupils achieved the required standard this year.

The borough's Key Stage results have also been exceptional. At Key Stage 1 (age 7), the number of pupils achieving age-related expectations or above has increased in all subjects including reading, writing,

and maths.

Our Key Stage 2 (age 11) results have improved for the fourth year in a row and are now also above the London average.

These results are truly outstanding and could not have been achieved without our strong partnership with schools and the hard work of our teachers, learning staff and parents who support our young people to achieve their best.

Our young people have shown a drive to learn, and a willingness to succeed and we know that our children will be equipped with the knowledge and skills to reach their ambitions, and we hope we will see even better results to come.

# with Sir Robin Wales



# UP FOR THE CUP

**Coveted by the world's best players and seen by millions of fans, the Webb Ellis Cup is one of Rugby's most instantly recognisable icons.**

The Rugby World Cup Trophy Tour has seen the Cup showcased as part of a 100-day tour of the United Kingdom and Ireland. It came to Newham on days 88 and 89 (6 and 7 September).

It arrived on day 88 in the Royal Docks on the Emirates Air Line cable car accompanied by Mayor Sir Robin Wales, Newham's Young Rugby Ambassador Alex Pearmain and soprano Laura Wright, England Rugby's official anthem singer. (1) Laura performed popular Rugby anthem Jerusalem. Children from Keir Hardie and St Luke's primary schools also attended.

It then went to East London Rugby Football Club (2) where there was a day of Rugby featuring men's teams, East London Ladies and a children's tournament. Jason Leonard OBE, a winner with England of Rugby World Cup 2003; women's Rugby World Cup 2014 winner Maggie Alphonsi MBE; and former England legends Jeff Probyn and Paul Rendall also attended.

First stop on day 89 was the Champions sculpture in Upton Park (3) where Jason Leonard OBE raised the Trophy aloft alongside the football version held by West Ham United and England skipper Bobby Moore. Newham's Deputy Mayor Lester Hudson and children from Southern Road primary school attended.

Jason took the Cup to the Learning Zone inside West Ham United's Boleyn Ground (4) where it was greeted by club ambassador Tony Carr and Rugby Football Union mascot Ruckley. Pupils from St Bonaventure's, St Angela's, Carpenters and Upton Cross schools attended.

England's Rugby World Cup 2003 winner Lawrence Dallaglio OBE took the Trophy to the Army Reserve Centre in Stratford (5) where it was received by G Company 7 Rifles. Lawrence also took it to the final destination, the former Olympic Stadium (6), where there was a performance of The Prayer by St Angela's School choir, Newham's official Rugby World Cup 2015 welcome school. Pupils from New City primary school and Chobham Academy also attended.











## Easier to use ticket machines (Piece of cake)

Ticket machines have been improved across the network, so they're now easier to use and can do even more for you. Just one of the ways we reinvest all of our income to run and improve your services. Our improvements are on track, visit [tfl.gov.uk/tube](http://tfl.gov.uk/tube)

MAYOR OF LONDON



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local people.



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This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no 602624-2

Newham London

## National Eye Health Week

Events 21-25 September



Do you have sight problems?

Or would you like to prevent problems  
with your vision in the future?

Our specialist team are visiting locations across Newham from 21-25 September to offer **FREE** information and advice about taking care of your sight.

Visit [www.newham.gov.uk/eyehealth](http://www.newham.gov.uk/eyehealth) to find out when the team will be visiting libraries in your area. Or for more information email [IEDA@newham.gov.uk](mailto:IEDA@newham.gov.uk) or call **020 8430 2000 (option 2)**



# Waving the flag for the Wallabies

**A Newham teenager has won an extraordinary, once-in-a-lifetime sporting prize to be a flag bearer at Rugby World Cup 2015 and lead one of the world's best teams on to the pitch at Twickenham Stadium, the home of English Rugby.**

In a competition held in August, Rugby fans aged 14 to 16 were asked to find some temporary Emirates Rugby posts that had been installed in Meridian Square, Stratford, and upload a photo of themselves on Twitter using the hashtag #EmiratesFlag.

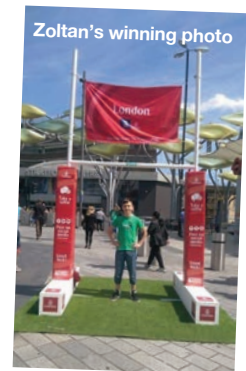
Newham's lucky winner, Zoltan Parlagi, 15, from Plaistow, is a keen player for his school team and a huge fan of the sport. New Zealand's Julian Savea and Shane Williams of Wales are his favourite players.

Zoltan will act as flag bearer for Australia, nicknamed the Wallabies,

and will lead them out on Saturday 10 October against Wales at Twickenham. He said: "I decided to enter because I love Rugby. I never thought I would win but my mum convinced me to enter because it was something really easy to do. Straight away after I had entered the competition, I couldn't stop thinking about what it would be like if I won and, now here I am, one of the winners of the Emirates Find the Flag competition."

As part of the prize, Zoltan has also won tickets to the game so he can enjoy the match after the flag bearing ceremony has finished. He added:

"When I received the email saying that I'd won the competition, I just couldn't believe it. It's not just the tickets to the game itself, but I will actually be a flag bearer for the Australian team. I felt honoured to be the bearer of something that represents a whole country and can't wait to lead Australia out on to the pitch."



Zoltan Parlagi





Ali Williams



Rugby is a **game for life**

Serge Betsen







### **Ali Williams (New Zealand)**

**Position: Lock**

**International caps: 77**

**Rugby World Cup experience: Semi-finalist in 2003, Quarter-finalist in 2007, Champion in 2011**

#### **In New Zealand, Rugby is the national sport, whereas in England football is more popular. What do you think Rugby World Cup 2015 can do for Newham?**

"The Olympic Stadium is amazing and you're bringing Rugby to it so you're raising the awareness of the sport and you're showing kids the options that are out there. Football is a great game, but so is Rugby and it's very different in terms of what you can get out of it. I hope Newham residents come and enjoy it because it's a very different environment."

#### **You came to the game late, aged 17. Is it ever too late to start playing?**

"It's never too late. I was playing football until I was 16, and then decided to change. Rugby is one of those things that

you play a lot with your head, your guts and your desire, and then technically you get better by good coaching. Go down to East London Rugby Club and try it out. You could be pleasantly surprised what it does for you – not just physically. It adds a lot to good men and women."

#### **You've just played for the Barbarians at the former Olympic Stadium against Samoa. What was that like?**

"It was very different – you've got so many great players come together with just a week to prepare, and you're trying to play against a team that have been together a lot. It can fit together nicely without the boundaries of playing to a style, so to speak. It's more about entertainment than trying to win."

**Having each spent ten years as key players in their respective national sides, Ali Williams and Serge Betsen are two of their generation's most respected and talented players. During distinguished club and international careers, each has represented his country in a Rugby World Cup Tournament. Both visited Queen Elizabeth Olympic Park in recent months to see Newham's preparations as a Host City.**

#### **Rugby World Cup winners**

**1987 - New Zealand**

**1991 - Australia**

**1995 - South Africa**

**1999 - Australia**

**2003 - England**

**2007 - South Africa**

**2011 - New Zealand**



### **Serge Betsen (France)**

**Position: Flanker**

**International caps: 63**

**Rugby World Cup experience: Semi-finalist in 2003 and 2007**

#### **Who do you think are the favourites for Rugby World Cup 2015?**

"It's funny because in 2011 France were not favourites, but they got to the final and almost won. I believe the home team, England, will be the favourites, and also the big teams from the Southern Hemisphere: New Zealand, South Africa, and Australia will be contenders."

#### **How does a Rugby World Cup compare to other kinds of international Rugby?**

"It's incomparable to anything else. It's another level of your sport, with an amazing atmosphere. I remember being in Australia for the 2003 Tournament and it was fantastic to discover another culture. In that Tournament, France played in the semi-final against England and it was so exciting. I

scored the only try in that game! After that experience, I fought to be fit and ready for Rugby World Cup 2007 in France. To see your family and friends supporting you, playing on your home ground, is just unbelievable."

#### **What do you think is so special about the sport of Rugby?**

"It is both a team sport and a contact sport, so you have to deal with conflict, and with sharing and helping each other. There's a welcoming spirit in Rugby, and that made me feel confident and allowed me to enjoy it as a kid."

"In Rugby, team mates are team mates for life. I still talk to them now and return to my club to say thank you, and to give my experience back to the kids that are there now. My dream is to see most of the kids in the world playing Rugby, because when you touch Rugby once, it keeps you for life."

# Leaders of The Pack

**The organisers of Rugby World Cup 2015 have drawn on the spirit of the 2012 Games by recruiting 6,000 volunteers to be the face of the Tournament.**

Eight Newham residents - Ken Aigbe, Pearl Saunders, Chan Bachan Brown, Lorraine Cezair Phillips, Kathryn Taylor Saunders, Anwar Faruq, Katie Blake and Sarah Chapman – have been recruited into The Pack, who will play a key part in the five matches at the former Olympic Stadium, performing a range of spectator services roles including transport, meet-and-greet, accreditation, press operations and working in the Newham Fanzone.

All are members of the Newham Volunteer programme, run by Newham Council's activity and leisure provider activeNewham. They will be instantly recognisable in their blue and yellow

Rugby World Cup 2015 uniforms in the same way that the Games Makers were during the 2012 Games in their purple outfits.

Kathryn Taylor Saunders became a Newham Volunteer three years ago. She lives in Stratford and works full-time as an accountant for Ford in Essex, fitting volunteering into her spare time. She is looking forward to her duties during the Tournament from 18 September. She said: "The role I'm doing will be predominantly in the Newham Fanzone on the South Lawn in Queen Elizabeth Olympic Park.

"While there will be volunteers in the Stadium on match days, the Fanzone will operate on a lot of extra dates during the

Tournament so that people can gather in front of a giant screen and watch matches that are happening at other venues. It will be something that's going on across the whole Tournament and I think it will really bring people together."

The Newham Volunteers have been working hard at lesser known events across the borough for many years, and to date have helped out at more than 3,000 events. They also offer long-term support to help organisations in the borough meet their aims – for example, by acting as library assistants or befrienders to the elderly.

Kathryn said: "Because my job is nine-to-five, sometimes one-off





Kathryn Taylor Saunders

volunteering opportunities work best for me, rather than long-term projects. I love volunteering – it gives you a sense of giving back to your community. In the past I have worked on projects overseas and in different parts of the UK, but I like volunteering in Newham because it's where I live, so it makes you feel it's more worthwhile. And I've met so many people I wouldn't have met otherwise."

Before Newham Volunteers attend events, they must attend a Welcome Workshop and go on an induction programme. Some roles, such as working as a Park Champion in Queen Elizabeth Olympic Park, require additional training to prepare for the role. Kathryn said the

training she has received has been useful and it's helped her do the job better.

"You have to do training, where you learn about different scenarios you may be faced with," she said. "They show you potential things that could happen and you discuss how best to respond. For example, I volunteered at the London Marathon in 2014. A lot of people were upset that their road was closed, so my training came in handy there in calming things down."

Like many of the Newham Volunteers, Kathryn was a Gamers Maker in 2012 and relished the experience. She said: "The whole world was looking at Newham and East London. It showed that while we can't all run the fastest

or jump the highest, we can help people in other ways. I really think that having the 2012 Games here changed the perception of volunteering. But since then I have also helped out at smaller community events. I worked on environmental clean-ups in Forest Gate. I also did some dredging of a pond as well – I had to wear waders! It was very physical and we did a lot of cutting back of the undergrowth."

**If you're interested in becoming a Newham Volunteer, visit [www.activenewham.org.uk/volunteering](http://www.activenewham.org.uk/volunteering) or call 020 3770 4444**



## Is your child due to start primary or secondary school in September 2016?

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\*Prize draw terms and conditions: All online applications will be automatically entered into the prize draw. Only one entry per application. There is no charge for entering. There is no cash equivalent for the prize (vouchers will not be provided). Decision of the award of prizes by the council is final. Winners will be required to take part in PR and have their photograph taken.



From  Public Health England

# This is your Stoptober

Newham London

#### Did you know?

From 1 October 2015 it will be illegal to smoke in any vehicle with someone under 18 present. With one less place to smoke, there's one more reason to quit.  
[www.gov.uk/smokefreecars](http://www.gov.uk/smokefreecars)

sign up today



## Get free support to quit smoking for 28 days and beyond

**Stoptober**

For support in Newham speak to your GP, local pharmacy or visit  
[www.newham.gov.uk/stopsmoking](http://www.newham.gov.uk/stopsmoking)

Simply search **Stoptober**

Get involved  /stoptober  @stoptober





Carl Hayman and Nick Bracken

Carl in the socks

# Carl socks it to them

**East London Rugby Football Club were proud to play host to the famous Barbarians team ahead of the historic match against Samoa at the former Olympic Stadium.**

The Baa-Baas, celebrating their 125th anniversary this season, used the facilities in Memorial Park, West Ham, for their Captain's Run – a training session traditionally run by the team captain, not the coaches, the day before a game. It also doubles as a chance to meet the media and the local community.

Newham's Deputy Mayor Councillor Lester Hudson and Deputy Lieutenant John Barber, The Queen's representative in Newham, officially welcomed the players to the borough.

During the session the team signed autographs and posed for photographs with young players from the Newham

Knights, who were also playing at the Olympic Stadium the following day in a mini-tournament of their own. They also helped hand out match tickets provided by Newham Council and the club so that proud parents could go and watch.

After the training session, East London RFC chairman Nick Bracken presented Baa-Baas skipper and former New Zealand All Blacks star Carl Hayman with a pair of the club's maroon and blue socks as a memento.

Simon Crick, East London RFC vice-chairman, said: "During Barbarians matches the players traditionally wear their own club socks in addition to the

famous black and white jersey. Carl retired recently after a long and distinguished career with the New Zealand All Blacks and most recently European champions Toulon, so is without a club. We asked if he would wear our colours.

"There were a lot of us at the match to see them and Simon Ward, the match commentator for ITV4, even mentioned them during the live broadcast. The Baa-Baas were delightful guests and they were genuinely impressed with the facilities we have at East London."

Carl Hayman said: "I was very happy to wear the socks as a thank you for them letting us train there."



# Sprinkling some Rugby magic

On the eve of the biggest Rugby World Cup Tournament of all time, the transformed former Olympic Stadium has held its first ever Rugby Union match.

It was fitting that the 125th anniversary of the fabulous Barbarian Club, a team of players that was created to entertain supporters around the world and uphold the values of the game, should be celebrated in such a way.

The match was important too, to enable final operational testing at the venue ahead of the five matches at the Stadium during Rugby World Cup 2015.

Steve Brown, managing director of England Rugby 2015, said: "The Stadium is a tremendous venue and we're delighted to see its transformation into a Rugby stadium. Many will remember witnessing some thrilling sporting performances at this venue in 2012 and we hope to build on these with world-class Rugby to provide spectators with long-lasting memories."

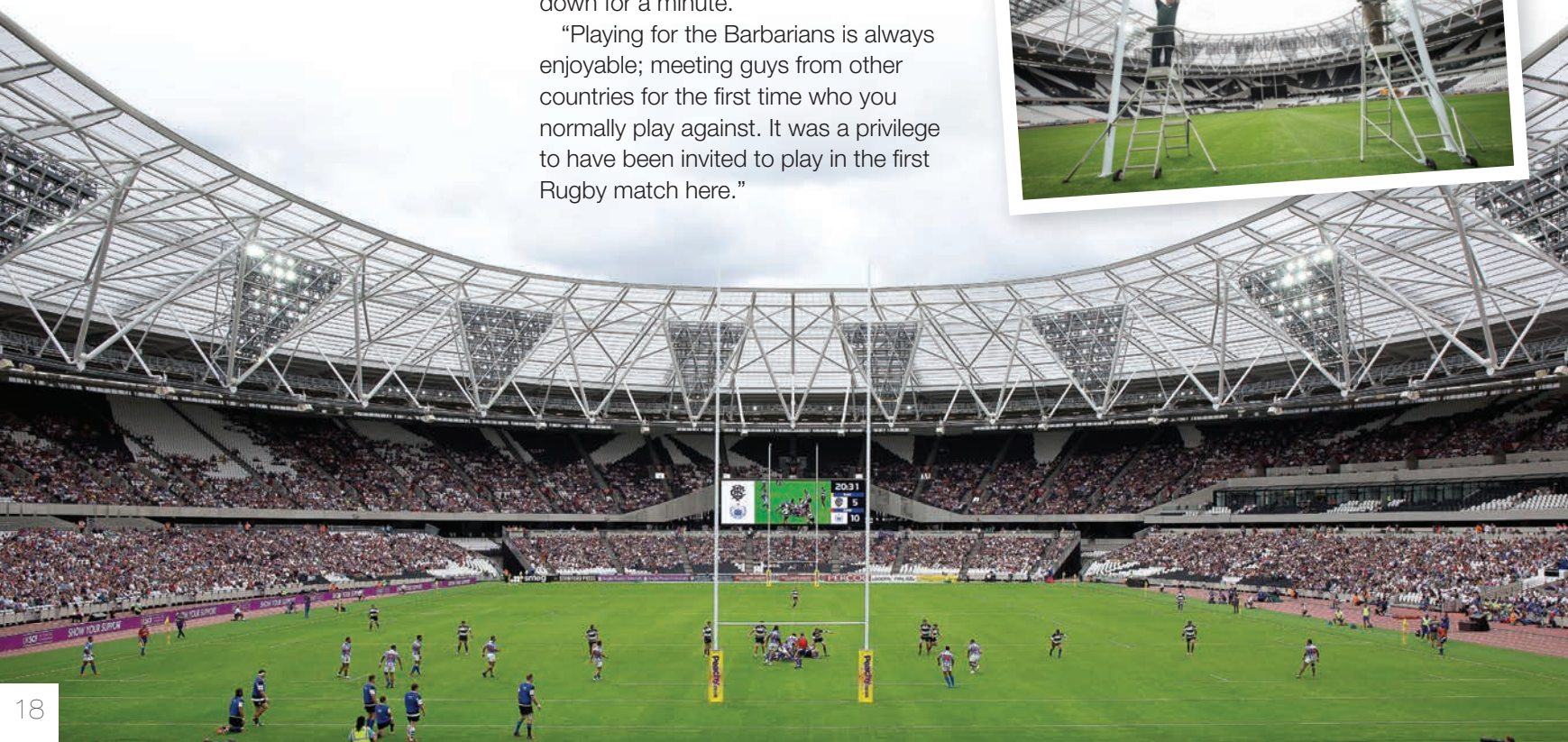
The Barbarians mixture of seven

Australians, three New Zealanders, three South Africans, a Samoan and a Fijian, beat opponents Samoa 27-24 in front of 41,039 spectators. Both sets of players weren't even put off their stride when the on-pitch sprinklers came to life in first-half of the game, prompting the Stadium announcer to confirm it as a "totally unofficial water break". That's what test events are for, after all.

The incident was laughed off by Baa-Baas skipper and former New Zealand All Blacks star Carl Hayman, who enjoyed being part of the curtain raiser at the iconic Stadium. He said: "It's a great place to play in and it generated a great atmosphere.

"The players enjoyed themselves and it was great for the crowd. It's the first time I've been involved in a match where the sprinklers came on. It was handy though. It was pretty hot out there. I enjoyed being able to cool down for a minute.

"Playing for the Barbarians is always enjoyable; meeting guys from other countries for the first time who you normally play against. It was a privilege to have been invited to play in the first Rugby match here."





# Rugby World Cup 2015

## Fixtures at the former Olympic Stadium

The newly renovated Stadium in Queen Elizabeth Olympic Park is host to five matches in Rugby World Cup 2015. The eight teams competing in the four games during the group stages include some of the Tournament favourites. Let's get ready for kick-off...



### France v Romania (Pool D)

23 September, 8pm



**France:** One of England's biggest rivals, France are currently seventh in the world rankings. They have reached three finals (including last time in 2011) but never lifted the Webb Ellis Cup.

**Romania:** Considered one of the best up and coming European sides, Romania has competed in every Rugby World Cup but never won more than one game in a group stage.



### New Zealand v Namibia (Pool C)

24 September, 8pm



**New Zealand:** Number one ranked team in the world, champions at Rugby World Cup in 2011 and 1987, and are many people's favourites to win the competition.

**Namibia:** By contrast, Namibia are the lowest-ranked team in the competition. They have competed in four Rugby World Cups, but still looking for their first win.



### Ireland v Italy (Pool D)

4 October, 4.45pm



**Ireland:** Won the Six Nations competition this year and currently ranked second in the world, but have never progressed past the Quarter Finals in this tournament.

**Italy:** Have competed in every Rugby World Cup, but not yet got past the first round. Have only won four out of 24 matches against Ireland in their history.



### South Africa v United States (Pool B)

7 October, 4.45pm



**South Africa:** Memorably defeated England in the 2007 final. Also winners in 1995. The Springboks are considered amongst the favourites for the Tournament.

**United States:** Head into the tournament ranked 16th in the world, having won two warm-up matches against arch-rivals Canada.



### Bronze final

30 October, 8pm



To be played between the two losing semi-finalists. Australia triumphed over Wales in the Bronze final in 2011.

For full information on all 48 fixtures in Rugby World Cup 2015, visit [www.rugbyworldcup.com](http://www.rugbyworldcup.com)





# NEWHAM FANZ NE

Rugby World Cup 2015 is coming to Newham, with five games of this nationwide tournament being played in the former Olympic Stadium in Queen Elizabeth Olympic Park.





Residents are invited to come along to the the Newham Fanzone during the tournament, which will give fans an opportunity to soak up the atmosphere and join in the nationwide celebration of rugby.

The site will be open to the public at varying times across the six-week tournament. On days when the Stadium is hosting matches, access to the Fanzone will be limited to Stadium ticket holders only to enjoy before the match.

With a big screen showing live matches as well as opportunities for fans to engage in Rugby activities, the Fanzone is the ideal location to enjoy the games. There will also be live performances from a variety of musicians and a wide range of food and drink stalls.

On all other match days, the site will be free to enter for all, to enjoy the atmosphere and watch matches happening elsewhere in the country on the giant 100 square metre big screen.

## FAQ

### How do I get to the Newham Fanzone?

Residents are strongly advised to use public transport to get to Stratford. For more information, visit [www.tfl.gov.uk](http://www.tfl.gov.uk) or visit our transport and travel guide on p29.

Newham's Fanzone is located on the South Lawn in Queen Elizabeth Olympic Park. If you're heading there from the direction of Westfield Stratford City, head over the bridge on Stratford Walk with the Aquatic Centre on your left, and then turn left – head towards the ArcelorMittal Orbit!

### What is the minimum age requirement for entry to the Fanzone?

No child under the age of 15 will be admitted to the Event unless they are accompanied by an adult aged 18 years or over at all times. Proof of age may be requested upon entry.

### Can I bring a picnic?

No food or drink is permitted to be brought into the Fanzone, except water in unopened plastic containers of up to 500ml. There are a wide variety of licensed bars and catering outlets open throughout the Fanzone.

## Calendar

### For match day ticket-holders only

#### Wednesday 23 September, 1-7pm

1.15-2pm – Bikini Beach Band  
6.30-7pm – Bikini Beach Band

#### Thursday 24 September, 4-7pm

6.30-7pm – Grupo Lokito

#### Sunday 4 October, 12-3.45pm

1-2pm – The Craic

#### Wednesday 7 October, 2-3.45pm

3-4pm – Project Zulu Choir

#### Friday 30 October 4-7.15pm

6-7pm – Candy Apple Blue

### Open to all

#### Saturday 26 September, 12noon-11pm

1.15-2pm – Grupo Lokito  
6.30-7.30pm – Grupo Lokito

#### Sunday 27 September, 11.30am-8pm

6.30-7pm – Revelation Avenue  
7.30-8pm – Revelation Avenue

#### Saturday 3 October, 12noon-11pm

6.30-7.30pm – Candy Apple Blue

#### Saturday 10 October, 12noon-11pm

12.30-1pm – Welsh Tenor John Pierce  
1.30-2pm – Welsh Tenor John Pierce  
6.30-7.30pm – Roberto Pla's Latin Ensemble

#### Sunday 11 October, 11.30am-11pm

6.30-7.30pm – Asian Elvis Sal Bashir

#### Saturday 17 October, 1-11pm

2.30-3pm – Riddim Squad  
6.30-7pm – Riddim Squad

#### Sunday 18 October, 11am-11pm

2.45-3.30pm – James Anderson  
6-6.30pm – St Angela's Ursuline School Choir

#### Saturday 24 October, 1-8pm

2-3pm – Denyse Anyogu

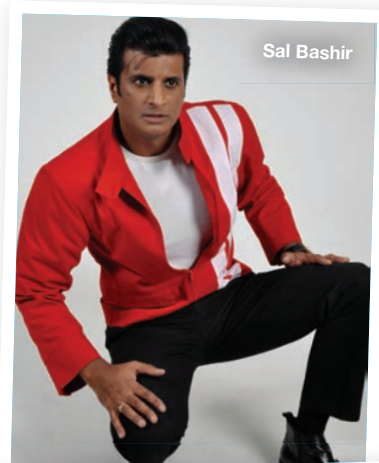
#### Sunday 25 October, 1-8pm

2-3pm Sharn Adela

#### Saturday 31 October, 1-11pm

2-3pm – Bollywood Brass Band

All information correct at time of press but may be subject to change



Sal Bashir



Bikini Beach Band



James Anderson



Roberto Pla

You can find out more information about Rugby World Cup 2015 and the Newham Fanzone, opening times, plus more information on the music acts, at [www.newham.com/rugby](http://www.newham.com/rugby)



# Club driving legacy forward



**The stated aim of Rugby World Cup 2015 is to grow the game of Rugby Union. East London Rugby Football Club (RFC) are intent on doing just that.**

Most people in Newham will probably be able to tell you goals from West Ham United's Sir Geoff Hurst and Martin Peters won the 1966 football World Cup for England, but not that a drop goal from Jonny Wilkinson won Rugby World Cup 2003 for England.

We may be more famously known as the home of the Hammers, but East London RFC, working with Newham Council, want a lasting legacy from being a Host City of Rugby World Cup 2015 and the five matches at the former Olympic Stadium.

**“It's important we make the most of the opportunities Rugby World Cup 2015 offers.”**

Mayor Sir Robin Wales, honorary President of the club in Memorial Park, West Ham, said: “It's important we make

the most of the opportunities Rugby World Cup 2015 offers. Newham is traditionally football territory but we want to give people a choice.”

Supported by Newham Council and the Rugby Football Union, work has been carried out to upgrade pitches, install floodlights and improve clubhouse facilities, including a new roof and windows and refurbished changing rooms, kitchen and reception areas.

The club has also been commissioned, through its charity partner Sports Hub E15, to deliver a youth programme for five years under the Newham Knights banner. Children as young as five are being taught the basics of the game by players and coaches from the club either in schools or in Memorial Park on Sunday mornings and during school holidays. The club are also developing a programme tailored for children with special educational needs (SEN).

East London's youth development officer Ryan Roberts said: “None of the

pupils had played Rugby before and most had never even heard of it. Now they are having loads of fun with a Rugby ball as well as learning discipline, sportsmanship and respect for others. That is just one of the things Rugby World Cup 2015 is doing for us.”

**“Now they are having loads of fun with a Rugby ball as well as learning discipline, sportsmanship and respect for others.”**

Thirty young people representing Newham Knights also took part in a mini-Rugby tournament at the former Olympic Stadium ahead of the first ever game of Rugby to be played there between the Barbarians and Samoa.

Club chairman Nick Bracken said:



Training  
in schools



Amanda Farrow



Newham Knights

"The legacy for us is getting more people involved in either a playing or support capacity, getting people active and bringing our community together. With Rugby now a global game and Newham having such a diverse community, it is not unrealistic that a child who was coached first by us could in future play for one of the sport's emerging nations.

"But while it's great to see young people about the club, you are never too old to get involved. I hope those who have previously played or just visited in the past, will come and see that we offer a fit for purpose facility that welcomes people of all abilities and ages either starting or returning to the game as a player or a supporter."

And Rugby is not just a sport for the boys, because the East London Ladies team are an important component of the club. Team founder Amanda Farrow said: "Girls can play Rugby too and we do it in the same way as the guys. At East London we are all one club."

**East London RFC is in Memorial Park, 71 Holland Road, West Ham E15 3BP. The nearest Tube station is West Ham, less than five minutes walk away. All abilities and ages welcome.**

Training sessions during season:

#### East London RFC

Tuesdays and Thursdays 7pm-8.30pm  
Matches played on Saturdays

#### East London Ladies

Wednesdays 7pm-9pm  
Matches played on Sundays

#### Newham Knights

Sundays from 10am-12pm

For more information call **07780 185 205**,  
email [eastlondonrugbyclub@hotmail.com](mailto:eastlondonrugbyclub@hotmail.com)  
or [newhamknights@gmail.com](mailto:newhamknights@gmail.com) or visit  
[www.pitchero.com/clubs/eastlondonrfc](http://www.pitchero.com/clubs/eastlondonrfc)





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# RUGBY WORLD CUP 2015 IN NUMBERS

This year's Rugby World Cup is made up of so much more than **48** games of Rugby between **18** September and **31** October. Did you know that...

## Game of Rugby



Teams in Rugby Union have **15** players comprising **8** forwards (numbered 1-8) and **7** backs (numbered 9-15).



There may be up to **8** replacement players (numbered 16-23).

Forwards form the scrum, which must consist of **8** players – **3** in the front row, **2** in the second and **3** at the rear.



Matches are played in **2** halves, each of **40** minutes.

## Tournament Facts



There are **620** players representing **20** nations playing over **44** days. Matches take place in **13** venues in **11** host cities and will be supervised by more than **60** match officials.



Teams are well looked after. They'll be occupying **740** hotel rooms, with **1,100** personnel needing beds. Together, they'll eat **151,000** meals at team hotels.



Rugby World Cup 2015 will attract **400,000** visitors to the UK and **2.3 million** match tickets have been made available. For those not heading to a match, **4 billion** people will see a match on TV around the world in **207** countries, made possible by **1,000** broadcasters and **2,000** members of the written press and photographers.



The Rugby World Cup Trophy, the Webb Ellis Cup, has visited **15** countries ahead of the Tournament. It is currently on a **100-day** tour of the UK and Ireland. It visited Newham on days **88** and **89** of the tour.



To help Rugby-lovers get the most out of the Tournament, **15** free Fanzones have been set up around the country, including Queen Elizabeth Olympic Park. The Newham Fanzone has capacity for **10,000** fans and will feature performances by **14** music artists.



None of Rugby World Cup 2015 could go ahead without **6,000** volunteers known as The Pack, who are giving up their time for free.

## Olympic Stadium Facts

Capacity for the **5** matches at the Stadium is **54,000**. Evening games are illuminated by **14** floodlight towers containing between **8** and **41** lamps depending on where they are. At **45,000** sq metres, the new roof is twice the size of the original. At **84** metres at its deepest point, it is the longest cantilevered roof in the world.





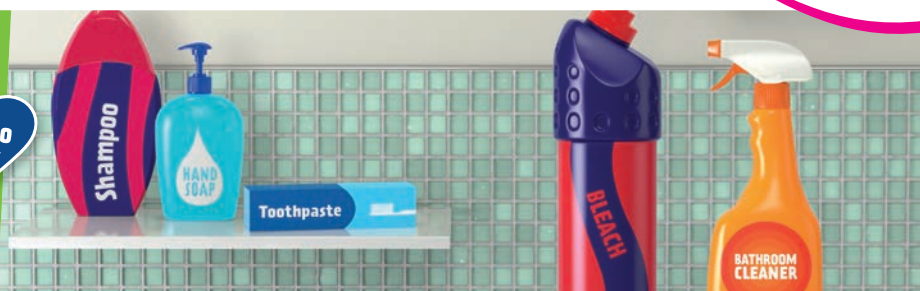
# RECYCLE all of these items

Newham London

## from your BATHROOM

### Top tip:

Remember to **remove** and put **trigger spray** and **pump dispenser tops** in your rubbish bin.



## from your KITCHEN

### Top tip:

**Squash cans** and **bottles** and **flatten boxes** to save space in your recycling.



## from your LOUNGE OR BEDROOM

### Top tip:

Recycle **all** the **newspapers** and **envelopes** from your living room.



If you are unsure about any items or want to check a collection day visit [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling)

 **recycle for London**

Newham London

## Public Space Protection Order Consultation

Newham Council is proposing to introduce a Public Space Protection Order (PSPO) within designated areas of the borough to help address the issue of antisocial motor vehicle use and illegal street racing.

We want you to take part in this consultation to gauge your views on the matter. You can let us know your views by completing the short survey at [www.newham.gov.uk/pspo](http://www.newham.gov.uk/pspo)

You can also contact the council with your comments at [casb.snpt@newham.gov.uk](mailto:casb.snpt@newham.gov.uk) or write to Nick Bracken, Director for Commissioning Enforcement and Safety at **London Borough of Newham, Newham Dockside, 1000 Dockside Road, London E16 2QU**

The formal consultation will run from Friday 11 September 2015 - Thursday 8 October 2015.





# Welcoming the **world's best**

**With excitement building ahead of Rugby World Cup 2015, ceremonies are taking place at 17 venues across England and Wales to officially welcome the world's best teams to the Tournament.**

The ceremonies are being held in landmark locations that include the Tower of London, the Old Royal Naval College in Greenwich, Hampton Court Palace, the Royal Military Academy Sandhurst and HM Naval Base Portsmouth. Each features a performance of World in Union by a school choir and players presented with Tournament Caps and Rugby World Cup 2015 Participation Medals.

The choir from St Angela's Ursuline School in Forest Gate were chosen to officially welcome the world famous New Zealand All Blacks team in a ceremony at the Tower of London on 11 September. Newham's Young Rugby Ambassador Alex Pearmain greets the France team in Greenwich on 14 September.

Both teams will appear at the former Olympic Stadium during Rugby World

Cup 2015. New Zealand, the defending world champions, play Namibia on 24 September and France play Romania on 23 September.

The St Angela's choir has 50 members aged between 11 and 18 and had to pass a tough audition process. Member Isabella Clawson-Maila said: "It is great for us as a choir to show people how amazing we are."

Young Rugby Ambassador Alex Pearmain, from East London Rugby Football Club based in West Ham, said: "It is an honour to be able to welcome some of the greatest players in the world."

Mayor Sir Robin Wales said: "Rugby World Cup 2015 is about communities and teams uniting to celebrate Rugby, sport and friendship so it is great that

these special occasions involve young people from Newham. The St Angela's choir have worked so hard to get to this point. Alex is also a fine ambassador representing grassroots Rugby."



Alex Pearmain



The St Angela's Ursuline Choir



**Notice of Appeal against Refusal of Planning Permission  
Submission of Updated Environmental Statement and Other Appeal Documents**

Town and Country Planning (Development Management Procedure) (England) Order 2015  
The Town and Country Planning (Environmental Impact Assessment) Regulations 2011 (EIA Regulations)  
Town and Country Planning Appeals (Determination by Inspectors) (Inquiries Procedure) (England) Rules 2000

Appeal Reference: **APP/G5750/W/15/3035673**

Date of Notice: **7 SEPTEMBER 2015**

Proposed development at: **London City Airport, Hartmann Road, Silvertown, London, E16 2PX**

Appellant: **London City Airport Limited**

Local Planning Authority: **London Borough of Newham, 1000 Dockside Road, London, E16 2QU**

I give notice that London City Airport Limited having applied to the London Borough of Newham on 26 July 2013, for planning permission to deliver the 'City Airport Development Programme' (CADP) referred to as CADP1 (Planning Application 13/01228/FUL) appealed to the Secretary of State against the refusal of planning permission on 15 May 2015. The proposals are to be considered at a Public Inquiry commencing on 15 March 2016.

**This notice is to advise you that on or before 11 September 2015 the appellant (London City Airport Limited) is submitting an Updated Environmental Statement containing updates to the previous Environmental Statement. It is also submitting a Consolidated Application Plans Folder, a Proposed Minor Changes Folder and an Updated Reports Folder (with updates to the Transport Assessment, Health Impact Assessment and Need Statement) in respect of the proposals below.**

Planning Appeal for CADP1: Works to demolish existing buildings and structures and provide additional infrastructure and passenger facilities at London City Airport. Full planning permission is being sought for:

*(a) Demolition of existing buildings and structures; (b) 4 no. upgraded aircraft stands and 7 new aircraft parking stands; (c) Extension and modification of the existing airfield, including the creation of an extended taxiway; (d) Emergency vehicle access point over King George V Dock; (e) Replacement landside Forecourt to include vehicle circulation, pick up and drop off areas and hard and soft landscaping; (f) Eastern Extension to the existing Terminal Building (including alteration works to the existing Terminal); (g) Construction of a 3 storey passenger pier to the east of the existing Terminal; (h) Erection of Noise Barriers; (i) Western Extension and alterations to the existing Terminal; (j) Western Energy Centre, storage, ancillary accommodation and landscaping; (k) Facilitation Works including temporary coaching facility and extension to the outbound baggage area; (l) Upgrading works to Hartmann Road; (m) Passenger and staff parking, car hire parking, taxi feeder park and ancillary and related work; (n) Eastern Energy Centre; (o) Dock Source Heat Exchange System within King George V Dock; and (p) Ancillary and related work.*

The Updated Environmental Statement, Consolidated Application Plans Folder, Proposed Minor Changes Folder and Updated Reports Folder as well as an accompanying Guide to the submitted material can be viewed online at: [www.londoncityairport.com/cadp](http://www.londoncityairport.com/cadp) or [www.newham.gov.uk/pa](http://www.newham.gov.uk/pa). In addition, members of the public may inspect paper copies of the same documents at the following locations (opening hours below are accurate at the time of writing):

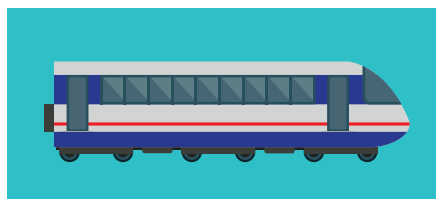
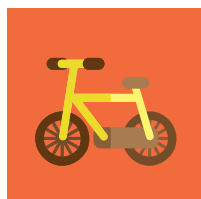
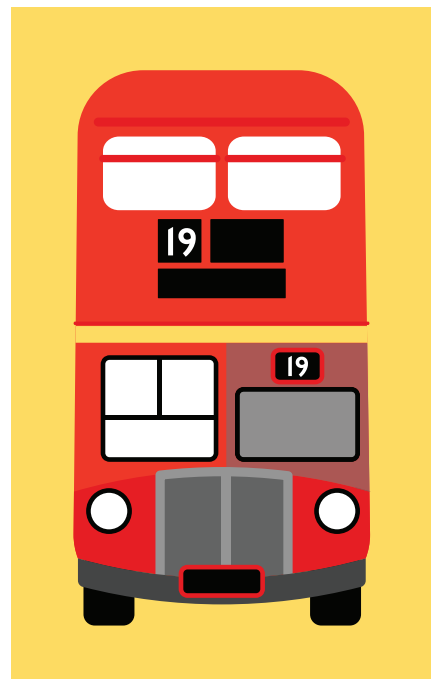
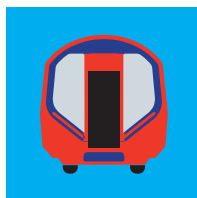
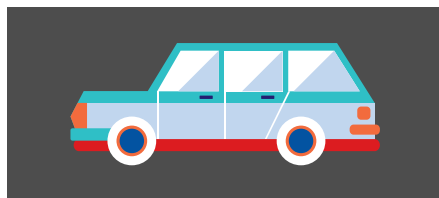
- **North Woolwich Library**, 5 Pier Parade, North Woolwich, E16 2LJ (London Borough of Newham). Opening hours: Monday/Tuesday 09.30-17.30, Thursday 13.00-20.00, Saturday 09.30-17.30. CLOSED: Wednesday, Friday, Saturday.
- **Ideas Store Chrisp Street**, 1 Vesey Path, East India Dock Road, E14 6BT (London Borough of Tower Hamlets). Opening hours: Monday-Thursday 09.00-21.00, Friday 09.00-18.00, Saturday 09.00-17.00, Sunday 10.00-16.00.
- **Woolwich Library at The Woolwich Centre**, 35 Wellington Street, Woolwich, SE18 6HQ (Royal Borough of Greenwich). Opening hours: Monday/Thursday 09.00-19.00, Tuesday/Wednesday/Friday 09.00-17.30, Saturday 09.00-17.00. CLOSED: Sunday.
- **Newham Dockside**, (London Borough of Newham), 1000 Dockside Road, E16 2QU during business hours, by prior appointment only (call 020 8430 2000).

You may obtain a paper copy of the additional information (while stocks last) for a cost of £200 for each volume (excluding postage and packing), copies of the Non-Technical Summary may be obtained free of charge. Alternatively, a CD Rom version of the additional information, including a track changed version of the Updated Environmental Statement, is available free of charge from: RPS Planning and Development, 14 Cornhill, London, EC3V 3ND or by calling RPS on 020 7280 3200.

Any person wishing to make representations about this appeal and the updated information should write to the Planning Inspectorate using the following address: Leanne Palmer, Major Casework, Planning Inspectorate, 3/26 Hawk Wing, Temple Quay House, 2 The Square, Bristol, BS1 6PN, or via email using: [londoncityairport.comments@pins.gsi.gov.uk](mailto:londoncityairport.comments@pins.gsi.gov.uk) or online at: <http://www.planningportal.gov.uk/planning/appeals/online/comment> quoting the appeal reference APP/G5750/W/15/3035673. **The deadline for submitting representations is Monday 26 October 2015.**

Signed: **London City Airport Limited**

Date: 7 September 2015



# Guide to **transport and travel**

Newham will welcome thousands of visitors during Rugby World Cup 2015 and this will make public transport busier than usual. Whether you're heading to the former Olympic Stadium or the Newham Fanzone or just travelling in the area, make sure you're prepared. The venue is well served by public transport and there is no match day parking at the venue.

England Rugby 2015, the Tournament Organising Committee, has developed a spectator journey planner, which offers fans the best way to get to the Stadium and Fanzone. Visit [journeyplanner.rugbyworldcup.com](http://journeyplanner.rugbyworldcup.com) or get live information by following Transport for London on Twitter @TfLtravelalerts

## Cars

Normal event day parking restrictions apply. Some local road closures will be in place, affecting Westfield Avenue, Montfichet Road and Pool Street before and after matches. Local access will be maintained for as long as possible. Some displaced traffic may make roads in Stratford busier than usual. Consider re-timing your journey and allow more time.

The only parking at the venue is for Blue Badge holders, which must be booked in advance by phoning **0800 458 4444**.

## Taxi

Taxi ranks are located at Warton Road and Meridian Square, Stratford.

## Rail

**Stratford** is served by the Central and Jubilee Lines, Docklands Light Railway (DLR), Transport for London

Rail, London Overground and National Rail services. **Stratford International** is served by the DLR, and direct high-speed services to and from London St Pancras. Both stations are accessible for wheelchair users.

Stations are expected to be exceptionally busy before and after matches so allow extra time.

## Bus

Cash is no longer accepted on London's buses but you can use your Oyster card or other contactless payment cards. Some buses may be diverted or terminate earlier than usual. Likely routes affected are **97, 339, 388** and **D8**. Some stops may be temporarily relocated or suspended.

## Walking and Cycling

Walking or cycling to the Stadium may be the easiest option. There are good cycling routes to Queen Elizabeth Olympic Park.



## Pupils are on the ball



Pupils from The Royal Docks Community School in Custom House and players from East London Rugby Football Club are spearheading a campaign encouraging the nation to choose Rugby.

The youngsters and players star in a campaign by Coca-Cola Great Britain ahead of Rugby World Cup 2015 to show how much fun can be had with a Rugby ball. They appear in an inspirational film featuring England's Rugby World Cup 2003 winner Jason Robinson and Natasha Hunt, part of the victorious 2014 England Women's Rugby World Cup side.

Shot at East London's base in Memorial Park, West Ham, the campaign film sees Robinson and Hunt demonstrate how anyone can play from beginners to fans and from families to friends.

Jason said: "I enjoyed the shoot in Newham and introducing some teenagers to the sport. I hope it inspires many more people to get active and give Rugby a try." To see the video visit [www.youtube.com/watch?v=VWh1wzvzecg](http://www.youtube.com/watch?v=VWh1wzvzecg)

## Big discounts for Royal Philharmonic Orchestra

Newham residents are being offered an exclusive discount for tickets to see one of Britain's best orchestras. Discounted seats are available for two of the Royal Philharmonic Orchestra's upcoming concerts, with tickets in the Circle at the Royal Albert Hall reduced to a special rate of £10.

### **The Golden Age of Hollywood – Wednesday 4 November (tickets usually £25)**

Enjoy classic themes from films including *Gone With the Wind*, *Ben-Hur*, *Sunset Boulevard*, *Robin Hood*, *Psycho*, *Taxi Driver* and *North by Northwest*.

### **Berlioz's Grande Messe des Morts – Monday 30 November (tickets usually £14.02)**

The RPO are joined by the Goldsmiths Choral Union and Brighton Festival Chorus for this performance of an emotionally stirring requiem, commemorating soldiers from the French Revolution.

To book, call the box Office on **020 7589 8212** or visit [www.royalalberthall.com](http://www.royalalberthall.com), with the promotional code **20117**. Booking fees apply: 2% of the total booking and a £2.50 per ticket transaction fee.

# Help to beat Ovarian Cancer



The charity Target Ovarian Cancer is inviting residents to join their flagship Ovarian Cancer walk on Saturday 17 October at the Queen Elizabeth Olympic Park in Stratford.

Participants can walk or run, over 5k or 10k.

In the UK, 7,000 women are diagnosed with ovarian cancer and 4,300 women lose their lives to the disease each year. The UK has amongst the lowest survival rates in Europe. If we were able to just match the rest of Europe, 500 more women would survive each year. To sign up to the walk visit [www.targetovariancancer.org.uk/walk](http://www.targetovariancancer.org.uk/walk) or call the fundraising team on **0845 609 9330**.

## Rugby fun for children with needs

East London Rugby Football Club are introducing fun free coaching sessions tailored for children with special educational needs (SEN).

The sessions will take place in Memorial Park, Holland Road, West Ham E15 3BP, on Sunday mornings from 10.15am to 11.15am, starting on 4 October.

They are being run by Rob Herbert and Ciara Baxter. Occupational therapist and child counsellor Ciara specialises in working with children with needs and disabilities. She captains East London Ladies. Club captain Rob has a son with autism and is a governor and inclusion officer at two Newham primary schools.

Ciara said: "For SEN children, accessibility to sport can be challenging and availability of support is limited. Rugby is an holistic sport that enables young people to develop motor, coordination and social skills. It's a great fit with children with needs and disabilities. Sessions will be fun and tailored to individual capabilities." People wanting information can email [Newhamsenrugby@gmail.com](mailto:Newhamsenrugby@gmail.com)

# Caring players support youth project

A charity that helps young people with speech, language and communication disabilities is £450 better off thanks to kind-hearted players at East London Rugby Football Club.

Back in April 40 members of the club at Memorial Park in West Ham, were inspired by St George's Day to stage a fund-raising match between players representing England and from the rest of the world representing the East London Barbarians.

Those who took part paid to play, with the money raised destined for the Leading Our Lives youth project which has offices in Forest Gate and Hainault. The cash was presented to the young people by player Fabrice Eizlini.

Fabrice said: "All of us are proud to have been able to support such a worthy cause. It is a special charity that does so much to meet the social and leisure needs of young people with communication impairments." For more information visit [www.leadingourlivesyouthproject.org.uk](http://www.leadingourlivesyouthproject.org.uk)





# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**  
OR EMAIL THEM TO  
**[newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)**

Don't forget to write your name, age, address and daytime  
contact telephone number on the back of your entry

## GALLERY

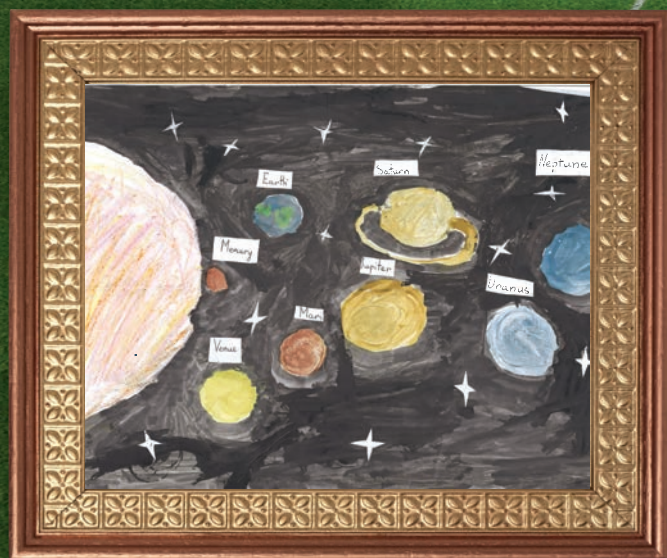
**Winner**



Weronika Mendak, 7



Sandra Mendak



Tasneen Hossain, 9



Sajini Sivasothinathan, 13



## Win free membership at Stratford Picturehouse

This issue's winner receives a free family ticket at Stratford Picturehouse, which includes a kid's popcorn and drink.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit [www.picturehouses.co.uk](http://www.picturehouses.co.uk) to see what's on.



Stratford Picturehouse, Theatre Square, E15

# Colour-me-in Wordsearch

## Poem

### The cold winter's night

I went to the park for a stroll one day,  
when it soon got dark and I lost my way.  
Then suddenly, from out of the snow,  
came beautiful fireflies that started to glow.  
Oh, it made such a sharp little light,  
that soon, everything was in sight!  
They said "If we took you to your house,  
would you buy us a pet louse?"  
I said "You don't need to get it bought,  
I could find it, if I thought!"  
So now I am at my house,  
and the fireflies have their louse.

Sakina Benokba, 8



A	U	S	T	R	A	L	I	A	O	P	T	D	T	C	D	N	E	R	D
U	R	A	E	P	O	T	A	A	R	E	C	N	H	N	A	A	O	T	
S	C	G	F	E	U	O	L	B	S	Y	O	E	H	E	A	B	S	H	D
N	W	A	E	R	U	D	D	H	L	I	R	T	W	D	L	U	C	A	N
R	O	M	A	N	I	A	A	A	R	T	N	Z	M	I	T	O	N	G	A
S	E	M	D	A	T	L	T	Y	A	E	E	L	T	R	O	T	J	R	L
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Argentina  
Australia  
England  
France

Ireland  
Italy  
New Zealand  
Romania

Scotland  
South Africa  
Tonga  
Wales



# WHAT'S ON?

Download our What's On app at [www.newham.gov.uk/neighbourhoodevents](http://www.newham.gov.uk/neighbourhoodevents)

## OUR THRILLING THREE...

1

**Get Active, Get Healthy Green St & East Ham**  
– Mon 14 Sep, 12noon-2pm, West Ham Utd FC, E13 9AZ. Come and sign up for a free 10 week Healthy Living programme for residents 50+, delivered by West Ham United Foundation. For more info call 020 3373 0857.

2

**Embroidery Group** – Thursdays, 10am-12noon, Manor Park Library. A new club, created to help create a community embroidered hanging, based around the theme of local life and landmarks. No previous experience necessary.

3

**An Evening of Questions** – Thurs 17 Sep, 6.30-8pm preview of the Rabbits Road Institutes new home in the refurbished Old Manor Park Library, Romford Rd E12, with talks and tour. Book a free place: [rabbitsroad.eventbrite.com](http://rabbitsroad.eventbrite.com)

## ZUMBATHON PARTY TO FIGHT MULTIPLE SCLEROSIS

A special one-off Zumba party will rock Stratford Circus, E15 to raise funds for the Multiple Sclerosis Society.

The Zumbathon takes place on Saturday 19 September between 10am-2pm, with the day split into different sessions and activities for those aged 14 and over. All shapes and fitness levels are welcome.

Registration costs £7.50 (plus booking fee) at [www.msymbathon2015.eventbrite.co.uk](http://www.msymbathon2015.eventbrite.co.uk) or £12 on the day. For more information email [msymbathon15@gmail.com](mailto:msymbathon15@gmail.com) or call **07444 385 766**.

## TRY SOMETHING NEW... COOKERY CLASSES

There's never been a better time to brush up on your culinary skills. A free ten-week cookery course will soon be launching at the Jack Cornwell Community Centre, E12. Novice cooks will get the opportunity to gain practical kitchen experience, learn how to make a range of dishes, prepare healthy meals and snacks, and develop technical techniques and presentation skills.

The classes will be held each week on Wednesday mornings between 10am and 12noon. The first class is Wednesday 16 September. To book your place, and for more information, email **Andrew.Richardson@newham.gov.uk** or call **020 8553 3459**.

### Indicates free sessions

*Libraries unless stated*

#### UNDER-FIVES

#### **Toy Library**

Introducing toddlers to borrowing toys. *Thurs, 10.30-11.30am, Beckton*

#### **Rhyme Time**

*Mon, 4-4.45pm, Canning Town; Tues, 10.30-11.15am, North Woolwich; Thurs, 1.30-2.15pm, Custom House*

#### **Storytelling**

*Mon, 10.30-11.15am, Custom House; Mon 11am-12noon, Tues 10-11am, Beckton; Tues 10-11am, Thurs 2-3pm, Plaistow; Tues 10-11am, Sat 11am-12.30pm, Green St; Tues, 10.30-11.30am, Canning Town; Tues, 10.30-11.30am, The Gate; Tues 10.30-11.30am, Thurs 9.45-10.45am, East Ham; Tues 11am-12noon, Fri 11am-12noon, Stratford; Fri, 10-11am, Manor Park*

### **Stay and Play**

Support for parents and carers to develop their child through play.

*Tues 11am-12noon, Sat 12noon-1pm, Green Street; Tues, 9.30-11.30am, Jeyes C.C; Tues, 10am-12noon, Grassroots; Weds 10am-12noon, Sat 11am-1pm, Stratford; Thurs, 1.30-3.30pm, Jack Cornwell C.C*

#### **Music and Movement**

Sessions for parents/carers and children. *Mon, 10.30-11.30am, Grassroots*

**Music and Rhyme** *Tues, 10.30-11.15am, Custom House* 

#### YOUNG PEOPLE

#### **Board Games Club (7-13yrs)**

Play chess, Checkers, Ludo,  Pictionary and more. Term time. *Tues 4-5pm, Fri 4-5pm, Stratford; Thurs, 4-6pm, Custom House; Thurs, 4.30-6pm, North Woolwich; Thurs, 4-6pm, Green St; Sat, 2.30-4pm, Manor Park*



### Games Club (7-16yrs) ★

Sony PS3, Xbox360, Nintendo Wii, board games and more. Tues, 3.30-5.15pm, Custom House; Mon, 3.30-5pm, Plaistow; Thurs, 4-6pm, Canning Town; Wed, 3.30-5pm, Forest Gate

### Froud Young Project (7-16yrs) ★

Activities for young people. Mon, 3.30-5.30pm, Jack Cornwell C.C.

### Arts and Craft Workshop (5+yrs) ★

on 3-30-5.30pm, Fri 3.30-5pm, Sat 12noon-1pm, Green St; Tues, 4-5pm, Plaistow; Sat, 2-3pm, Canning Town; Sat, 2-3pm, Custom House; Sat, 2-3pm, North Woolwich

### Young Readers Club (7-12yrs) ★

Read and discuss your favourite books. Tues, 4-5.15pm, North Woolwich; Sat, 10.30am-12noon, Manor Park

### Children's Movie ★

**Matinee (0-13yrs)**  
Sat 3.30-5.30pm, Green St

### Let's Start Sewing (7-16yrs) ★

Beginner sewing classes. Sat, 12noon-3pm, Woodman C.C. Woodman St, E16. Email [theteam@kefoundation.org.uk](mailto:theteam@kefoundation.org.uk)

### Spelling Bee Club (7-13yrs) ★

Tues, 3.30-5.30pm, Green St

### Spanish Club (7-14yrs) ★

Weds, 4-5pm, Beckton. Email [vane\\_macia@hotmail.es](mailto:vane_macia@hotmail.es)

### East Ham Youth Zone ★

Sony PS4, DJ decks and other activities. Tues, 4-7pm, East Ham

### Homework Club ★

Mon, 3.30-4.30pm, North Woolwich; Mon, 4-6pm, Stratford; Weds, 3.30-5.15pm, Manor Park; Thurs, 4-6pm, Plaistow; Sat, 10am-12noon, The Gate; Fri, 3.30-5.30pm, Canning Town; Fri, 4-5pm, Beckton; Fri, 4-5.30pm, East Ham; Sat, 2-3.30pm, Green St

5.30-7.30pm, East Ham  
Weds, 3.30-5pm, Green St  
Thurs, 5.30-7.30pm, Stratford  
Fri, 3.30-5.15pm, The Gate

### Coffee Mornings ★

Mon, 11am-12.30pm, North Woolwich; Tues, 10-11.30am, Beckton; Tues 15 Sep, 10.30am-12noon, Plaistow; Tues, 11am-12.30pm, Custom House; Wed 16 Sep, 10am-12noon, East Ham; Wed 16 Sep, 10.30am-2pm, Green St; Thurs, 10-11.30am, Canning Town

### Do It Online (18yrs+) ★

Six or eight-week basic computer training. Advance booking required, contact library directly. Tues, 10am-12noon and Thurs 10am-12noon, The Gate; Tues, 10am-12noon, East Ham; Tues 10am-12noon, Plaistow; Mon, 10am-12noon, Manor Park; Weds, 2-4pm, Stratford; Tues, 11am-1pm, Thurs, 10am-12noon, Green St; Thurs, 10am-12noon, Katherine Rd C.C.; Wed, 10am-12noon, Plaistow;

### Knit & Natter (16yrs+) ★

Weds, 10am-12noon, Beckton; Fri, 10.30-11.30am, Canning Town; Fri, 10am-12noon, East Ham; Tues, 10.30am-12.30pm, Manor Park; Weds, 10.30am-12.30pm, Green St

### ICT Surgery ★

IT advice for all ages. Wed, 10.30am-12noon, Stratford; Fri, 2-4pm, Canning Town

### Love Newham app ★

**drop-in** Learn how to report issues via the app. Mon, 10.30-11.30am, The Gate

### ICT Drop-in Session ★

Set up a My Newham profile and create an email account. Fri, 10am-12noon, The Gate; Fri, 10am-12noon, Green St

### Bingo Night (16yrs+) ★

Thurs, 6-7pm, Green St

### Safer Neighbourhood Team Drop-in ★

Thurs 24 Sep, 10-11.30am, Canning Town; Fri, 12noon-1pm, Stratford

### Deafroots Deaf Club

Opportunity to learn new and exciting things for members including quizzes, prizes, refreshments. Mon, 1.30-3.30pm, Stratford. New members £2, existing members £1. Email [angel@deafroots.org.uk](mailto:angel@deafroots.org.uk) or text on 07985 242778.

### Support in Action ★

Thurs, 12noon-4pm, Jeyes C.C.

### Get on Target Business ★

**Advice Surgery** Tues, 12noon-2pm, North Woolwich. Call 07931 576 483 to book.

### SpEC Speaking English with Confidence ★

Mon, 10-11am, North Woolwich; Mon, 10-11am, Plaistow; Mon, 11am-12noon, East Ham; Mon 10-11am, Weds 10-11am, Thurs 10-11am, Green St; Thurs 6-7pm, Stratford; Weds, 10-11am, Manor Park; Weds, 11am-12noon, Canning Town; Weds, 11am-12noon, The Gate; Tues, 10.30-11.30am, Custom House

### Chai and Chat Women Group (18yrs+) ★

For women who use mental health service. Weds, 10.30am-12.30pm, Plaistow

### Ebony East Steel Pan Academy ★

Tues, 4.30-6.00pm (11-16yrs); Weds, 3.30-5.30pm (8-11yrs), One Love Community Centre, 1 Bishops Ave, E13 0PU. Call 07565124701. £4, 1st session free

### Newham Steelband Sessions for beginners ★

Tues and Thurs, 6.30-8.40pm, Canning Town Caravanserai, 110-116 Silvertown Wy, E16. £4. To register call 07927 644 629

### Adult Reading Groups ★

Thurs 17 Sep, East Ham, 6.30-7.30pm. Email [easthamreaders@gmail.com](mailto:easthamreaders@gmail.com) for current book and more information. Sat, 12noon-1pm, Green St. This month's book: Sharp Objects by Gillian Flynn.

### Rabbits Rd Institute Conversation Club ★

Thurs, 3-4pm, Manor Park

### Together We Can ★

Fortnightly social group for adults under 50 who have had a stroke. Fri 18 Sep, 2-4pm, Plaistow

### Life in the UK Classes

12wk course. Contact Franklyn on 020 8542 3904.

Weds, 10am-12noon, East Ham; Weds 12.30-2pm, Fri 10am-12noon, Plaistow; Fri, 12.30-2.30pm, Green St

### Tablet Takeover ★

Learn how to use tablets to email, shop, download and more – tablet provided for lesson. Mon, 12.30-1.30pm, Green St, £2. Call Darren on 07432 156 016.

### Cake Decorating ★

Weds, 10am-12noon, Katherine Road C.C. Call 020 8522 5772 to enrol.

### ESOL for Beginners ★

Tues and Fri, 1-3pm, Plaistow; Tues 9.30am-12noon and Fri 9.30am-12.30pm, Jack Cornwell C.C.; Weds and Thurs, 9.30-11.30am, Katherine Road C.C. Call 020 8522 5772 to enrol.

### ESOL for Absolute Beginners ★

Weds, 9.30am-2pm, Katherine Road C.C.

### The Book Club ★

Thurs 17 Sep, 6-7pm, Stratford. Contact library on 020 3373 0826 for this month's book.

### Workplace Drop-Ins ★

Wed 16 Sep, 2-4pm, Stratford. For more information please email: [rehana.b@newham.gov.uk](mailto:rehana.b@newham.gov.uk)

### CYANA ★

Cancer You Are Not Alone, Information stall/drop-in advice session. Thurs 24 Sep, 3-5pm, The Gate

### Alcohol Awareness ★

Thurs 17 Sep, 3-5pm, The Gate

### Gamers Group ★

Social club for adults with Asperger's Syndrome and High Functioning Autism. Thurs 24 Sep, 1-3pm, Plaistow

## ACTIVITIES AND SUPPORT



### Chess Club ★

Mon, 5.30-7.30pm, and Thurs,

## Volunteer Open Day

Become a volunteer for Green Street Neighbourhood. Sat 19 Sep, 12noon-3pm, Green St

## Tea and Teach Event with Barclays Digital Eagles

Learn how to shop online, email, Skype watch TV online. Bring your own lap top or tablet.

Thurs, 5-6pm, Green St

## COMMUNITY ACTIVITIES

### Bumps and Babies

(up to 1yr) A free home-based meet up, Weds, 1-3pm for expectant parents and those with babies. Email [newham@nct.org.uk](mailto:newham@nct.org.uk)

### Meet and Greet

#### Mums, Bumps and Babies

Fri in various cafes around Newham. Visit [www.netmums.com](http://www.netmums.com) or email [jojostevie@live.com](mailto:jojostevie@live.com)

### Mums2be Meetup

Information and support for expectant parents. 3rd Sat of every month, 10-11am. Email [newham@nct.org.uk](mailto:newham@nct.org.uk)

### Royal Docks Learning & Activity Centre

**Mon**, Needlecraft, 10am-12noon, £2. **Tues**, Parent and Toddler Group, 10am-12noon, £1; Bingo, 10am-12noon, £1 **Wed**, Keep Fit, 10-11am, £2 Employment 1-2-1 support, by appointment. Creche available **Thurs**, Tai-Chi, £2, first session free, 10.30am-12noon; Line Dancing, £1, first session free, 1-3pm; **Mon-Fri**, After School Club for Gallions, Britannia Village, St Joachim's and Drew primary schools. **Mon-Fri**, Open Access After School Club, 4-6pm, £3 per day. Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 1666. Visit [www.rdlac.org.uk](http://www.rdlac.org.uk).

### Junior Volunteer Police Cadets (10-12 yrs, term time)

Wed, 3.30-5pm, Little Ilford School, Browning Rd, E12, £1.

### Senior Volunteer Police

### Cadets (13-17 yrs)

Wed, 6.30-9pm, Little Ilford School, Browning Rd, E12, £2.50. Thurs, 6.30-9pm, Eastlea Community School, Exning Rd, E16, £2.50. Call 07500 881 378

## BOXING AND SELF DEFENCE



### Modern Arnis (16yrs+)

Tues, 5-6pm, Jack Cornwell C.C

### Boxing (Newham College)

Mon, 5-6pm, East Ham College, High St South, E6

### Intense Fitness (14yrs+)

Workouts, boxing and wrestling. Fri, 8.30-10pm. £5. The Hartley Centre, E6. Call 07878 253 642

### Punch Out (16yrs+)

Fri, 4-5pm, Katherine Road C.C

### Gurumu Taekwondo

Mon and Weds. Children 6-7.30pm. Juniors and seniors 7.45-9.45pm, Monega Primary School, Halley Rd, E12 6TT. Call 07931 709 140. Fees apply.

### West Ham Boys ABC

Mon, Wed, Fri, mixed (8-16yrs), 5-6pm. Sat, boys (6-11yrs), 10-11am, girls (7-16yrs), 11am-12noon, £2. 2 London Rd, E13. Call 020 8472 3614.

### Indian Martial Arts

Tues and Thurs, 5.30pm. Sun 9.30am. Martial Arts Centre, 27 Romford Rd, E15. £5 or free for INUF users. Call 07703 594 398.

## HEALTH AND FITNESS



### Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. £3. Call 07961 544 017

### Zumba fitness

Mon and Weds, 7-8pm, £5 and £4 for 2nd class. Vicarage Ln Community Centre, Govier Cl, E15. Call 07500 898 665

### Zumba

Weds and Thurs, 7-8pm, London Tamil Sangam Centre, 396 High St North, E12 6PG.

£5. Call 07720 805 505

### Let's Yoga

Thurs, 6.30-7.30am, Grassroots, £5; Sat, 10am-12noon, Jeyes C.C, £1; Wed, 7-9pm, Jeyes C.C, £1; Thurs, 7-8.30pm, Field C.C, Free

### Lee Valley Cycling (12-25yrs)

Wed, 4.30-6pm, Lee Valley VeloPark, £5 or £50 for 12 wk course. Pre-booking essential, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

### Indoor Tennis

Mon, 6-8pm, Lee Valley Hockey & Tennis Centre, £3. Pre-booking essential, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

### Salsa Dancing (18yrs+)

Tues, 11.45am-12.45pm, Field C.C

### Ballroom Dancing (18yrs+)

Thurs, 2.30-4pm, Field C.C. Free; Fri, 8-9pm, Jack Cornwell C.C. £4

### Zumba

All ages and abilities. Tues, 10.30-11.30am, Field C.C (£1); Mon, 9.30-10.30am, Jack Cornwell C.C (£3); Fri, 9.30-10.30am, Jack Cornwell C.C (£2, over 50s free).

### Aerobic Exercise

Workout and body stretching Tues, 9.30-10.30am, Jack Cornwell C.C. £2

### Zumba fitness with Jess

Tues, 5-6pm, Focus E15, Brimstone House, 10 Victoria St, E15 4NX (Free); Sat, 10.30-11.30am, Weds, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE, £2.50. 07884951484

### SalsaPam Zumba (11+)

Mon 6.30-7.30pm, Thurs 6.30-7.30pm, Queens Rd West Community Centre, E13 0PE. £5 per session or £25 for a one month pass (approx. £3 per class)

### Mash It Up, Dancehall

fitness Mon, 6.30-7.30pm, Asta Community Hub, 14a Camel Rd, E16 2DE. £2.50. 07884951484

### Nordic Walking

Wed, 9.30am. Meet at Field C.C. Not suitable for wheelchairs. Call 07783 660 429; Fri, 6.30-8pm. Meet at Newham Leisure Centre, E13; Sun, 10-11.30am. Meet at East Ham Leisure Centre, E6

### Unity Zumba

Mon, 8-9pm, East Ham Town Hall, E6. Tues, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Weds, 8-9pm, East Ham Town Hall, E6. Thurs, 8-9pm, St Mark's Centre, Tollgate Rd, E6. Sun, 6.30-7.30pm, The Well C.C, Vicarage Ln, E6. £5. Call 07886 884 573.

## 50+ ACTIVITIES



### Get Active, Get Healthy - Walk to the Park

Mon, 10.30-11.30am, Manor Park

### Age UK East London Nordic Walks (18+)

Tues, 9.30-10.45am, meet at Age UK East London Newham Branch, 655 Barking Rd, E13 Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20. Call 07989 938 242

### Health Walks

Mon, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120. Tues, 10am, meet at Pret a Manger at Stratford Station. Call 0300 124 0123. Tues, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 0844 414 2728. Wed, 10.30am, meet at Hamfrith Centre, McGrath Rd, E15. Call 07870 291 120. Thurs, 1.30pm, meet at the corner of Wanstead Flats at the junction of Capel Rd and Woodford Rd. Call 07908 744 555 Thurs, 2pm, meet at the War Memorial, Central Park, E6. Call 07518 750 120 Fri, 10.30am, meet at St Mark's Community Centre, Tollgate Rd, E6. Call 07908 744 555

### Newham Striders

Daily walking group Call 0300 124 0123.



**Young at Heart Bingo Club**  
Mon, 12noon-4pm, £1. Jeyes C.C.

**Ballroom Dancing**  
Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £4. Call 07761 209 463

**Bingo (50+ysrs)** ★  
Thurs, 7-9pm, Jack Cornwell C.C.;  
Mon, 12noon-4pm, Jeyes C.C.

**ICCAN** ★  
Faith based group with cultural activities. Fri, 12noon-2pm, Jeyes C.C.

**Active & Connected** ★  
Social group for gay and bi men. Last Thursday of each month. For info call 020 7791 2855

**Active Centre 50+ Group** ★  
Weds, 12noon-4pm, Field C.C.

**Dominos Group** ★  
Fri, 6-10pm, Field C.C.

**Chair Based Yoga** ★  
Tues, 12.30-1.30pm, Manor Park

**Fifty Plus Men's Group** ★  
Tues and Thurs, 2-5pm, Katherine Road C.C.

**Forever Young** ★  
Enjoy community activities and make new friends. Wed, 11am-1pm, Beckton; Wed, 10.30am-12.30pm, Field C.C.

**Pilates Classes** ★  
Tues, 9.30-10.30am, Field C.C.

**Happy Living Club** ★  
Indoor and outdoor activities for over 50s. Tues and Weds, 1.30-5.30pm, Jeyes C.C.

**Holiday Spanish Club** ★  
Tues, 9.30-10.30am, Field C.C.; Wed, 12.30-1.30pm, Manor Park

**Tea Dance**  
Wed 16 Sep, 1-3pm, St Mark's C.C. £1.50 fee.

**Exercise for Fitness** ★  
Thurs, 10.30-11.30pm, Manor Park

## GREEN

**Green Gym** ★  
Weds, 10am-1pm, meet at Visitor Centre in East Ham

Nature Reserve, Norman Rd, E6. Call 07845 973 156

**Green Volunteering** ★  
Tues and Thurs, 10am-2pm. Silvertown Wy, E16 (opp. Hallsville Rd)

**Garden Club** ★  
Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

**Gardening Thymes Gardening Club** ★  
Fri, 11am-1pm, Bowling Green, Central Park, High St South, E6

**Grow Together Be Together Community Gardening Club** ★  
Wed, 10am-1pm. Sat, 1pm-3pm Flanders Field, Melbourne Rd entrance, E6. Call 020 8586 7070

**Caravanserai Garden Volunteering** ★  
Thurs and Sat, 11am-3pm, Silvertown Wy, E16. For information call 07773 863 384

## DOORSTEP CLUBS

Call 0300 124 0123. unless otherwise stated.

**Athletics Club (14ysr+)**  
A multi-sport session focusing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre, E13. Call 07718 394 756

**Gym & Basketball (14ysr+)**  
Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

**Stunt & Tumble (14ysr+)**  
Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Wy, E6. Call 07866 612 610

## FEMALE SPORTS

**Basketball Sessions** ★  
Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20

**Dare2Dance (12-16ysr)** ★  
Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre, E13

**Female Boxfit (14ysr+)** ★  
Mon, 4.15-5.15pm, Balaam Leisure Centre, E13. Call 07970 783 526

**Girls Football (11-16ysr)** ★  
Tues, 4-5.30pm and Thurs,

5-6pm, Newham Leisure Centre. Fri, 5-7pm. Term time only. Memorial Park, E15

**Girls Group Cycling (11-15 yrs)** ★  
Tues and Thurs, 5-5.30pm, Newham Leisure Centre, E13

**Just Play (14ysr+)** ★  
Wed, 6.30-8pm, multi-sports (term time). Cumberland School, E13. Call 0300 124 0123

**Women's Martial Arts (16ysr+)** ★  
Tues, 5.15-6.15pm, Jack Cornwell C.C. Ring 07473 030 250.

**Female Only Gym Sessions**  
Mon, 3-4pm, 16-25ysr. Mon and Wed, 7.30-10.30pm. Tues and Thurs, 12noon-1.30pm. Sun, 3-5pm, 11-15ysr. £4.65. Newham Leisure Centre.

**Athlefit (14-18ysr)**  
Athletic fitness, Wed, 5.30-6.30pm, £1. Flanders C.C, Napier Rd, E6. Call 07718 394 756

**Get Back into Netball**  
Tues, 6-7.30pm, juniors, 7.30-9pm, seniors, £2. Lister Community School, E13. Call 07717 281 529

**Julie's Mums On The Run**  
Wed, 10-11.30am, £5, or bring a friend and pay £4 each. Abbey Ln Park, E15. Call 07961 374 772

**Zumba fitness with Jess**  
Thurs, 10.15-11.15am, Stratford, £4. Call 07884 951 484.

**Abs Blast (11-15ysr)**  
Thurs, 5.30-6.30pm, £3.10, Newham Leisure Centre, E13.

## SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

**Ability Club (14-25ysr)** ★  
Multi sports for disabled young people. Wed, 5.30-6.30pm and Fri, 4.45-6pm, NewVlc, E13

**Athletics (8-18ysr)** ★  
Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6. Thurs, 4.30-5.55pm, St Angela's Ursuline School, E7. Email cnourrice@englandathletics.org

**Family Swims**  
Sat, 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. Call 0300 124 0123. Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 0300 124 0123

**Get Fit for Free**  
Tues, 1.30-3.30pm and Fri, 10am-12noon. Gym use for people with learning disabilities. Newham Leisure Centre, E13. To book an induction call 0300 124 0123

**Sensory Play (U5ysr)** ★  
Wed, (term time) 1.30pm-3pm, Oliver Thomas Children's Centre, Mathews Ave, E6. Email Naomi.ferron@oliverthomas.newham.sch.uk or call 020 8821 0997

**Swim for Families Dealing with Autism** ★  
Wed, 4-5pm, Balaam Leisure Centre, E13. Call 0300 124 0123

**Support In Action (18ysr+)**  
Indoor and outdoor activities, advice and support. Thurs, 12noon-4pm, to Jeyes C.C.

## RUNNING

**Beckton Park Run** ★  
Sat, 9am, Beckton Park South, E16. Call 07718 394 756 [www.parkrun.org/beckton](http://www.parkrun.org/beckton)

**East End Road Runners**  
Tues and Thurs, 7pm. Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, E13. Call 07979 261 647

**West Ham Park Run** ★  
Sun, 11am. Meet at Central Park Keepers Lodge. Call 020 8257 4505

## SPORTS

**Newham and Essex Beagles Athletics Club.** Mon and Wed, 6-9pm. Foundation Groups (8-10 yrs), Mon, 7-8pm and Wed, 6-7pm, £5. Terence McMillan Stadium, Newham Leisure Centre, E13. Visit [www.newhamandessexbeagles.co.uk](http://www.newhamandessexbeagles.co.uk)

**BMX (6-16ysr)**  
Sun, 10am-12noon, £3. Gooseley Playing Fields, St Albans Ave,

E6. Call 07961 333 615

### Fencing with Newham

**Swords** Tues, 6-9pm, Thurs, 6-9pm, Fri, 7-10pm. Classes for adults (18+), and mini-pirates (4-7yrs). UEL SportsDock Call 07956 618 898

### Indoor Cricket (8-16yrs)

Wed, 6-8pm, £2, Lister Community School, E13, email [michelle.daniel@activeNewham.org.uk](mailto:michelle.daniel@activeNewham.org.uk)

### Black Arrows Badminton Club

Adults: Fri, 7-9pm, Juniors: Sat, 10am-12noon, £3.70, East Ham LC. Adults: Weds, 7-10pm, UEL SportsDock. Call 07932 037 173

### FOOTBALL



### AIR Football (16yrs+)



Tues, 1-3pm, Fri, 10am-12noon, Memorial Park, Memorial Ave, E15. Fri, 3-5pm, Beckton Powerleague, E6. Visit [www.airfootball.co.uk](http://www.airfootball.co.uk)

### Football and Athletics



Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Rd, E16

### Football & Multi Sports



Mon, 4-5.30pm, Newham Leisure Centre, E13. Wed, 5-6pm, Stratford MUGA, West Ham Ln, E15

### Mayor's Football League

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18yrs, 6-7pm Newham Leisure Centre, E13

### Premier League (16yrs+)

6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, E13

### WHU Kicks



Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12. Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15. Sat 10.30am-12noon, Newham Leisure Centre, E13

### Ascension Football

Sat, 10-11.30am, £3. Reception to 11yrs. King

George V Park, King George Ave, E16. Call 07806 584 925

### BASKETBALL



### Basketball & Multi Sports

Fri, 5-6.30pm, 8-19yrs, Snowhill MUGA, Snowhill Rd, E12

### Basketball Sessions

Thurs, 5.30-6.30pm, Little Ilford Learning Zone, 1 Rectory Rd, E12

### National League



Mon, 6-8pm, U13/14yrs, Tues, 6-8pm, U15/16yrs, Rokeby School, E16. Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls; 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

### NCFE Sports – Basketball

Thurs, 5-7pm, East Ham Leisure Centre. To register email [sports@newham.ac.uk](mailto:sports@newham.ac.uk) or call 020 8257 4255

### Senior Programme



Mon, 7.30-9.30pm, Division 2 women and division 3/4 men. Rokeby School, E16. Call 07947 401 616

### Newham All Star Sports Academy (NASSA)

Sessions £1 unless indicated. Juniors, Fri, 4-6pm Cumberland School, E13. National league U13yrs, U14yrs, U16yrs, Tues, 6-8pm, Rokeby School, E16. National league U18yrs, Tues, 8-10pm, Rokeby School, E16. National league U13yrs, U14yrs, U16yrs, Thurs, 6-8pm, SportsDock. National league U18yrs, Tues, 8-10pm, UEL SportsDock. Junior boys and girls, Sat, 10.20am-12.20pm, UEL SportsDock, £2. Call 07703 503 995. [www.nassasports.org.uk](http://www.nassasports.org.uk)

### Youngbloods Basketball

All sessions cost £1. U12yrs, mixed, Sat, 1-3pm, East Ham Leisure Centre, E6. U13/14yrs boys, Mon, 6-8pm and Wed, 4.30-6pm, St Angela's School, E7. U13/14yrs girls, Mon, 4.30-

6pm and Wed, 4.30-6pm, St Angela's School, E7. U15/16yrs boys, Tues, 6-8pm, St Angela's School, E7. Thurs, 8pm, St Bonaventure's School, E7. U17/18yrs boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

### COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Rd, E6, unless otherwise stated

**Tues 15 Sep**, Residents' Housing Scrutiny Group, 7pm

**Tues 15 Sep**, Strategic Development Committee, Old Town, Stratford E15, 7pm

**Wed 16 Sep**, Investment and Accounts Committee, 6.30pm  
**Wed 16 Sep**, Audit Board, 7pm

**Wed 16 Sep**, Health and Wellbeing Board, Old Town, Stratford E15, 7.30pm

**Thurs 17 Sep**, Cabinet, 5pm

**Thurs 17 Sep**, Mayoral Proceedings, 5.05pm

**Mon 21 Sep**, Council, 7pm

**Tues 22 Sep**, Newham Partnership - Employment and Enterprise Partnership Action Board, 3pm

**Tues 22 Sep**, Overview and Scrutiny Committee, 7pm

**Wed 23 Sep**, Investment and Accounts Committee, 6.30pm

**Thurs 24 Sep**, Newham Partnership – Children and Young People Trust, Newham Dockside E16, 4.30pm

### CONTACT THE MAYOR

#### Surgery

To register for the surgery you must arrive at the venue up to 30 minutes ahead of the advertised time. **Thurs 15 Sep**, 5pm, Newham Town Hall, E6 2RP

#### Telephone Surgery

**Wed 23 Sep**. Call 020 8430 2000 between 9.30-10.30am and leave your details.

## CONTACT DETAILS

### LIBRARIES & COMMUNITY NEIGHBOURHOODS

**Beckton Globe** 1 Kingsford Wy, E6

**Canning Town** Barking Rd, E16

**Custom House**

Prince Regent Ln, E16

**East Ham** 328 Barking Rd, E6

**Green Street** 337-341

Green St, E13

**The Gate** 6-8 Woodgrange Rd, E7

**Manor Park**

685-691 Romford Rd, E12

**North Woolwich**

5 Pier Parade, E16

**Plaistow** North St, E13

**Stratford** 3 The Grove, E15

**Archives and Local Studies**  
020 3373 6881

**Community Outreach**  
020 337 30813

### LEISURE & SPORTS VENUES

**Balaam Leisure Centre**

14 Balaam St, E13

**East Ham Leisure Centre**

324 Barking Rd, E6

**Newham Leisure Centre**

281 Prince Regent Ln, E13

**NewVic** Prince Regent Ln, E13

**UEL SportsDock** Docklands Campus, University Wy, E16

### COMMUNITY CENTRES (C.C)

**Beckton Community Centre**

14 Manor Wy, E6, 020 7511 1214

**Field Community Centre**

147 Station Rd, E7

020 8536 2800

**Grassroots Centre** Memorial

Park, Memorial Ave, E15

020 3373 0650

**The Hub** 123 Star Ln, E16

020 3373 0750

**Jack Cornwell Community**

**Centre** Jack Cornwell St, E12

020 8553 3459

**Jeyes Community Centre**

1 James Cl, E13, 020 8548 9788

**Katherine Rd Community**

**Centre** 254 Katherine Rd, E7

020 8548 9825

**St Mark's Community Centre**

218 Tollgate Rd, E6

020 7511 1214

**Vicarage Ln Community Centre**

Govier Cl, E15, 020 8519 0235

**The Well Community Centre**

49 Vicarage Ln, E6, 020 7586 7070



# £50m

## That's how much the council has to save next year

Due to deep Government cuts and other cost pressures,  
we need to save £50m from the amount we spend next year.

Find out more about Newham's Budget Challenge and complete the consultation by attending a public meeting in your local area:

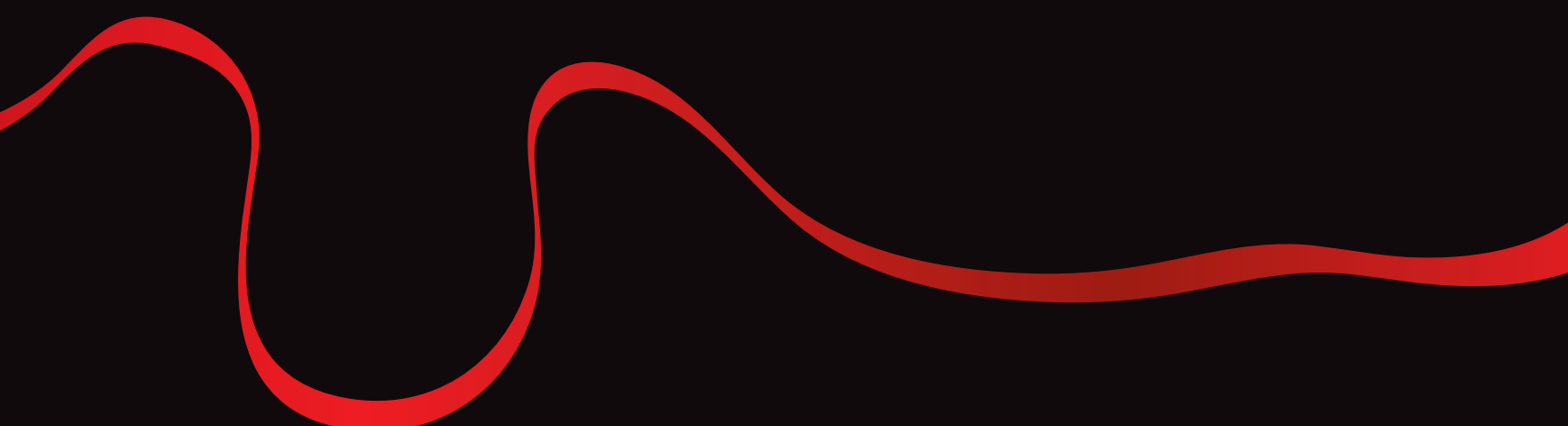
Community Neighbourhood	Date	Location
Stratford and West Ham	15 September, 6.30-8pm	Stratford Library
Beckton and Royal Docks	16 September, 6-7pm	Beckton Community Centre
East Ham	17 September, 6.30-8pm	East Ham Library
Plaistow	24 September, 5.30-7pm	Plaistow Library
Custom House and Canning Town	24 September, 6.30-8pm	Canning Town Library
Green Street	28 September, 6.30-8pm	Katherine Road Community Centre
Forest Gate	30 September, 6.30-8pm	The Gate Community Neighbourhood Centre
Manor Park	6 October, 6.30-8pm	Manor Park Library

You can also go online and tell us what you think  
[www.newham.gov.uk/budgetchallenge](http://www.newham.gov.uk/budgetchallenge)





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